



If you or someone you know is in crisis or thinking of suicide, get help quickly.
24 hour hotline in Maryland 1-800-422-0009
National Suicide Prevention Lifeline at 1-800-273-8255 or TTY: 1-800-799-4889
Maryland 211

Resources/Support Groups

Maternal Health Hotline – Confidential, toll-free hotline for expecting and new moms experiencing mental health challenges. Offers a range of support including brief interventions from trained counselors as well as referrals to both community-based and telehealth providers as needed.

Call or text 1-833-9-HELP4MOMS (1-833-943-5746) and connect with a counselor at no charge. Available in English and Spanish.

Seven Starling – <https://www.sevenstarling.com>

Offers virtual therapy and support services for people who are experiencing anxiety, depression, and trauma throughout fertility, pregnancy, pregnancy loss and miscarriage, abortion, postpartum, and early parenthood. In-network with most insurance.

Postpartum Support International - www.postpartum.net

PSI Warmline: 1-800-944-4773 (4PPD)

Weekly online support meetings – www.postpartum.net/psi-online-support-meetings/

Weekly live phone chats – www.postpartum.net/chat-with-an-expert/

For Maryland – <https://postpartum.net/locations/maryland>

Healthy New Moms – Maryland’s Maternal Mental Health Campaign – program offers support and resources to moms and families. www.healthynewmoms.org Click on ‘get help’

Local Therapists Specializing in Postpartum Depression

The Journey Counseling, Frederick. 240-422-8811 thejourneycounseling.net

Carroll Counseling Center, Mt. Airy. 301-829-2242

Advanced Behavioral Health. 301-345-1022

Key Elements Counseling. 240-317-4532

Breakthrough Counseling. 240-986-1001